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ABSTRACT

GRADES OR AGES: Grades 7-12. SUBJECT MATTER: Advanced swimming. ORGANIZATION AND PHYSICAL APPEARANCE: The first five sections of the guide list course guidelines, course description, broad goal statement, behavioral objectives, course content, learning activities, and teaching procedures. The guide also contains evaluation forms and a five-item bibliography. OBJECTIVES AND ACTIVITIES: The broad goal of the course is to increase the students' endurance and versatility in the water by providing opportunities to coordinate the parts of a stroke into a whole stroke. Eleven behavioral objectives and skill objectives are listed. Activities for meeting these objectives are discussed. INSTRUCTIONAL MATERIALS: None listed. STUDENT ASSESSMENT: Evaluation checklists are included. (HMD)

ED 093878

AUTHORIZED COURSE OF INSTRUCTION FOR THE QUINMESTER PROGRAM

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ADVANCED SWIMMING
PHASE I - SWIMMER

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PHYSICAL EDUCATION

SP008 248

DADE COUNTY PUBLIC SCHOOLS

DIVISION OF INSTRUCTION • 1971

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Written by

Dick Gutting

for the

DIVISION OF INSTRUCTION

Dade County Public Schools

Miami, Florida

SP005 248

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TABLE OF CONTENTS

I. COURSE GUIDELINES 1

A. Student Classification
B. Grade Level
C. Level of Performance
D. Suggested Prior Experience
E. Subject Status
F. Length of Unit

II. COURSE DESCRIPTION AND BROAD GOAL 1

A. Description
B. Methods
C. Areas of Concentration

III. COURSE OF STUDY BEHAVIORAL OBJECTIVE 1

A. Basic Skills Objective
B. Observed Skills Objective
C. Safety Objective
D. Social and Personal Attitudes

IV. COURSE CONTENT 3

A. Individual and Combined Skills
B. Safety and Courtesy

V. LEARNING ACTIVITIES AND TEACHING PROCEDURES 3

A. Planning a Swimming Lesson
B. Learning Activities Outline
C. Organizing the Class for Skill Development
D. "Station" or "Assembly Line" Method of Teaching Large Classes
E. Films
F. Texts
G. In-Service course for Instructors

VI. EVALUATION SHEETS 8 - 11

VII. BIBLIOGRAPHY 12

I. COURSE GUIDELINES FOR COURSE NUMBER: 5551.13 5552.13
5552.13 5562.13
5553.13 5563.13
5554.13 5564.13
5555.13 5565.13
5565.13 5566.13

A. Student Classification: Coeducational
B. Grade Level: 7-12
C. Level of Performance: Swimmer (advanced-phase I)
D. Suggested Prior Experience: Intermediate or comparable ability
E. Subject Status: Elective
F. Length of Unit 3-5 weeks

II. COURSE DESCRIPTION AND BROAD GOAL

A. Description

The objective of the swimmer course is to increase the student's endurance and versatility in the water by providing opportunities to coordinate the parts of a stroke into whole strokes. At this level, the student progresses to master the series of basic strokes. The emphasis will be placed on coordination of the whole stroke in order to swim effectively with ease, endurance and versatility in the water. For the swimmer course, organization and handling of practice sessions definitely changes. Mass drill is still given in practicing stroking movements, turns, diving from deck, etc., but a major part of each session is divided between individual instruction and correction and individual lane practice. (See V. A., Planning A Swimming Lesson.) It is strongly recommended that this course be taught by a certified Red Cross or YMCA Water Safety Instructor. Students who pass the course will then be eligible for Red Cross Swimmer certificates and emblems.

B. Methods

Physical education classes will be taught the swimmer course by use of one or more of the following methods:

Demonstration, explanation, skill practice, discussion, visual aids, stationary and free floating devices, periodic skill tests, final performance exam.

C. Areas of Concentration

1. Coordinated stroking
2. Turns
3. Leg kicks adapted for lifesaving
4. Surface diving
5. Diving
6. Personal Safety skills

III. COURSE OF STUDY BEHAVIOR OBJECTIVES

A. Basic Skills Objective: Junior High: 9.8416 (2) a,c,s,t
Senior High: 9.9420 (2) a,b,c,d

Students will perform the following skills according to the specifications listed in course content. As the student successfully completes each requirement, he will be checked off on the "Swimmer Skill Sheet" (See VI.). Checkoffs will take place periodically throughout the course until the student has satisfactorily completed all requirements listed below.

1. Breaststroke - 100 yards
2. Sidestroke - 100 yards
3. Crawl stroke - 100 yards
4. Back crawl - 50 yards
5. On back - legs only - 50 yards
6. Turns (on front, back, side)
7. Surface dive - underwater swim, 20 feet
8. Disrobe, float with clothes - 5 minutes
9. Long, shallow dive
10. Walking front dive
11. 10 minute swim

B. Observed Skill Objective: Junior High: 9.8416 (2) a,c,s,t
Senior High: 9.9420 (2) a,b,c,d

Having been taught, practiced and demonstrated successful accomplishment in the first 10 skills listed above, students will perform the following in an observed routine which will be evaluated by teacher judgment. Student jumps into water and swims continuously for minimum of 10 minutes. He may swim using any or all of the strokes that he has mastered, on the front, side, or on the back.

C. Safety Objective: Junior High: 9.8416 (2) a,c,s,t
Senior High: 9.9420 (2) a,b,c,d

1. Student will disrobe from a jellyfish float position.
2. Student will use trousers as a flotation device.
3. Student will use shirt as a flotation device.

D. Social and Personal Attitude: Junior High: 9.8416 (2) a,c,s,t
Senior High: 9.9420 (2) a,b,c,d

The teacher, through his knowledge, ability, sound teaching approach and enthusiasm will set up a learning situation where a majority of the students will respond to develop and exhibit desirable behavior. Evaluation in the folloiwng will be a daily process and will be based on the teacher's professional judgment. A check sheet may be used in recording the following:

1. Courtesy toward others
2. Willingness to participate
3. Willingness to assist others
4. Enthusiasm
5. Leadership

IV. COURSE CONTENT

A. Individual and Combined Skills

In order to satisfactorily complete the swimmer course, students will demonstrate their ability by successfully performing the following individual and combined skills:

1. Swim a coordinated and effective breaststroke for 100 yards continuously.
2. Swim a coordinated and effective sidestroke for 100 yards continuously.
3. Swim a coordinated and effective crawl stroke for 100 yards continuously.
4. Swim a coordinated and effective back crawl for 50 yards continuously.
5. Swim 50 yards continuously on the back, with legs alone, using either the inverted breaststroke or the inverted scissors kick.
6. Demonstrate an effective turn in a closed course, on the front, on the back, and on the side.
7. Demonstrate ability to perform a pike or tuck surface dive in good form to a minimum depth of 8 feet and swim a distance of 20 feet underwater.
8. In deep water, disrobe, inflate trousers, and using trousers as an improvised flotation device, stay afloat for 5 minutes.
9. In good form, do a front racing start (shallow dive) and continue to swim for a short distance.
10. In good form, do a coordinated walking front dive from a springboard.
11. Swim continuously for a minimum of 10 minutes. Student may swim using any or all of the strokes that he has mastered, on the front, side or back.

B. Safety and Courtesy

The following procedures will be used, discussed and practiced during the swimmer course:

1. Use the buddy system (never swim alone).
2. Have a lifeguard by the pool while instruction is going on.
3. Follow rules set up by the pool where you are swimming.
4. Stay out of water when overheated and immediately after eating.
5. Always swim a safe distance away from diving board.
6. Dive only into known water of sufficient depth.
7. Stay out of water during electrical storms.

V. LEARNING ACTIVITIES AND TEACHING PROCEDURES

A. Planning a Swimming Lesson

For the swimmer course, a typical class session could be planned as follows:

1. Warmup drill
2. Mass cross-pool or length of pool drill on arm and leg strokes, rhythmic breathing.
3. Demonstration and analysis of specific coordinations by the instructor.
4. Individual practice in various strokes in lanes, interspersed with instruction to students as it is needed.

NOTE: The distance that the swimmer practices kicking or arm stroking should be increased gradually so that toward the end of the course kicking or pulling a quarter mile should be easily accomplished and should become a regular part of the routine.

B. Learning Activities Outline

The expanded outline below includes those activities which aid in the learning of the skills listed.

1. Coordinated stroking

   a. Breaststroke
   b. Sidestrokes
   c. Crawl stroke
   d. Back crawl

   NOTE: Practice using legs only and arms only and then combine this with practice breathing.
   NOTE: Individual correction by instructor is necessary.
   NOTE: Look for major faults and give one correction to an individual at a time.
   NOTE: With some faults, it may be advisable to "overcorrect".
   NOTE: Watch for overkicking in crawl and back crawl.
   NOTE: The individuals physical characteristics may necessitate modification of stroking techniques.

2. Turns

   a. Crawl stroke turn (review - see Intermediate course, V. B. 4).
   b. Backstroke turn (review - see Intermediate course, V. B. 4).

      (1) Have student increase gliding distance from pushoff.
      (2) Stress that turns should be practiced without grasping edge of pool trough.

   c. Sidestroke turn

      As swimmer pushes off from wall, he rotates body to preferred side for continuous stroke practice.

   d. Breaststroke turn

      Student touches both hands together on same plane at end of pool.

3. Leg kicks Adapted for Lifesaving

a. Inverted scissors kick
b. Inverted breaststroke kick

(1) Use flotation device or swimboard for initial practice.
(2) Students can perform gentle hand sculling.
(3) In inverted scissors, lower hip on side on which leg moves forward.
(4) Continue practice until students can swim 50 yards easily using either kick, with legs only.

4. Surface Diving

a. Pike surface dive
b. Tuck surface dive

(1) Practicing handstands in chest deep water will help in adjusting to upside down position. Exhale through nose.
(2) Pushoff from side will assist by providing better momentum.
(3) Tuck position of legs will help those who have difficulty in raising legs over head.

5. Diving

a. Long shallow dive

(1) Mass drill practiced from deck.
(2) This dive useful as lifesaving skill.
(3) Entry made at slight angle, but not flat.
(4) Maintain extended body position after entering water.

b. Coordinated walking front dive from springboard

(1) Mass drill on approaches practiced initially on land.
(2) Concentration on smooth, coordinated approach, hurdle and lift.

6. Personal Safety Skills

a. Disrobing

(1) Disrobing done from jellyfish float position.
(2) Lift head and inhale as often as needed.
(3) Remove footwear first, then trousers.

b. Use of trousers as flotation device.

(1) Initial practice done in chest deep water.
(2) Knot is tied at each leg end, or both are tied together at the cuff end.

(3) Inflate by splashing air into waist end with palm or bubbling air into waist end from underneath.
(4) Inflated trousers can be used as jacket type preserver or as water wings.

c. Use of shirt as flotation device

(1) Initial practice in chest deep water.
(2) Shirt buttoned at collar and should be tight against neck.
(3) Inflate by bubbling air between second and third buttons or by splashing air with palm of hand under front shirt-tail while floating on back.
(4) Shirttail ends tied together at waist to prevent air escape.

C. Organizing the class for Skill Development

1. Principles of class organization

The instructor should always arrange class so that:

a. The safety of students is insured.
b. All can hear instructions.
c. All can see demonstrations.
d. All will have an opportunity for maximum practice.
e. All will have an opportunity to be checked for skill development.

2. Patterns of class organization

a. Arranging class for discussion on land.

(1) Semi-circle formation
(2) Important factors:

(a) Sun should be behind students.
(b) Group should face away from distracting influences

b. Arranging class for demonstration in water.

(1) "L" formation at corner of pool.
(2) Important factors:

(a) Demonstrator should work in "pocket" directly in front of students.
(b) Students should be close to instructor and high enough to look down on him.
(c) For large class, place students in 3 rows. Front row sits, 2nd row kneels, and 3rd row stands, facing pool.

c. Arranging class for practice in static formation.

(1) Single line, parallel lines, multiple lines, circle, semi-circle and "V" formation.
(2) Used either on land or in water.
(3) Important factors:

(a) Students far enough apart so as not to interfere with each other.
(b) Students should be faced away from distracting influences.
(c) Parallel lines especially effective when students work together as buddies.
(d) Instructor must be seen by all students and vice versa.
(e) Instructor cannot see all students at same time when circle formation is used.

d. Arranging class for practice in fluid (moving) formation

(1) Wave, stagger, and circle formation.
(2) Important factors:

(a) In wave formation, group is divided into two smaller groups known as ϕ1 and ϕ2.
(b) In wave formation, each group swims as a unit.
(c) In stagger formation, group remains in single line.
(d) In stagger formation, instructor should be able to follow progress of each student for a few body lengths before next student starts.
(e) In circle formation, group moves in one direction only.
(f) In circle formation, instructor remains outside of circle and at a location higher than the group.

NOTE: For more detailed description of methods of organizing a class, refer to Red Cross Swimming and Water Safety Courses - Instructors Manual, section 4.

D. "Station" or "Assembly Line" Method of Teaching Large Classes

Refer to Beginning Swimming, V. D. for a breakdown of the "Assembly Line" method of teaching large classes. The outline described can be modified to suit the instructor's needs and the availability of qualified station leaders.

E. Films

1. Films available from Dade County Audiovisual Center, Lindsey Hopkins.

a. Breath of Life. Pyramid, 20 minutes, Color. 1-13376
b. New Magic of Swimming, The. Sterling, 20 minutes, B & W. 1-11779
c. Safety at the Beach. Alturas, 10 minutes, Color. 1-03359
d. Swimming Stroke Analysis. 25 minutes, B & W.
e. Springboard Techniques. Coronet, 10 minutes, Color. 1-04487

E. Films (continued)

2. Films available from local chapter American Red Cross, 5000 Rising Sun Boulevard. Phone 751-6661 (Office of Safety Programs).

a. Depths of Life. Pyramid, 30 minutes, Color.
b. Fire Down Below. American National Red Cross, 1970, 20 minutes.
c. Mickey Mouse's Birthmare. American National Red Cross, 16 minutes.

F. Books

The following texts were invaluable in the preparation of this course and are highly recommended for use by instructors.

1. American National Red Cross. Swimming and Water Safety Courses - Instructor's Manual. Washington, D.C. 20006: 1968 or later. Free to certified Red Cross Water Instructors.

2. American National Red Cross. Swimming and Water Safety (textbook). Washington, D.C. 20006: 1968 or later.

G. In-Service Course for Instructors

It is strongly recommended that a continuing program of training and re-training be set up for personnel working in aquatics. It is further recommended that all persons entrusted to teach any phase of swimming be required to hold a valid Red Cross Water Safety Instructor's certificate. The following training is provided free several times each year by the local chapter American Red Cross:

1. Water Safety Instructor course. (Approx. 40 hours. Prerequisite: Sr. Life Saving Certificate)

2. Instructor of Beginner Swimming course. (Approx. 20 hours. Prerequisite: Sr. Life Saving Certificate.)

3. Instructor Review. (Approx. 12 hours. Prerequisite: recently expired Water Safety Instructor's Certificate.)

The Red Cross will schedule special courses for school board personnel if desired.

VI. EVALUATION

The skill sheet and record sheets are efficient methods of checking-off satisfactory performance in the Advanced Swimming course.

1. Advanced Swimming Skill Sheet
2. Station Record
3. Master Record

SWIMMER SKILL SHEET

INSTRUCTOR: _____

Use check ( ) for Satisfactory Performance in Each Skill	Breast Stroke 100 yards	Side Stroke 100 yards	Crawl Stroke 100 yards	Back Crawl 50 yards	On back (legs only) 50 yds.	Turns (on front, back side)	Surface dive Underwater 20 feet	Harobe swim with clothes Float 5 min.	Long Shallow Dive	Walking front Dive	10 minute swim	
NAME	1	2	3	4	5	6	7	8	9	10	11	Final Grade

STATION RECORD

STATION: _____ DATE: _____

CLASS: _____ INSTRUCTOR: _____

NAME	NAME
1.	9.
2.	10.
3.	11.
4.	12.
5.	13.
6.	14.
7.	15.
8.	16.

To be used for names of students at individual stations at end of period. One of these forms is to be used at each station.

MASTER RECORD

CLASS: _____ NUMBER IN CLASS: _____

LESSON NUMBER	1	2	3	4	5	6	7	8	Final Station
NAME DATE									

To be used to record progress made by students throughout the course. The information is taken from the STATION RECORD.

BIBLIOGRAPHY

1. American Association for Health, Physical Education and Recreation. Aquatic Guide. Washington, D.C. 20036, 1969.

2. American National Red Cross. Swimming and Water Safety Courses - Instructor Manual. Washington, D.C. 20006, 1968.

3. American National Red Cross. Swimming and Water Safety (textbook). Washington, D.C. 20006, 1968.

4. Brown, Richard L. Teaching Progressions for the Swimming Instructor, 2nd Printing. Silver Spring, Maryland: Richard L. Brown Publishers, 1953.

5. Vickers, Betty J. and Vincent, William J. Swimming. Dubuque, Iowa: William C. Brown, 1966.

Pamphlet:

The Fred Lanoue Method of Drownproofing, Ed Smyke, Director of Aquatics, Emory University, Atlanta, Georgia.